

# Kewaunee County Public Health Newsletter

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January is Cervical Health Awareness Month and an excellent time to remind women to protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection, spread through sexual activity that can lead to cervical cancer. 79 million Americans are currently infected with HPV and each year more than 11,000 women are diagnosed with cervical cancer.

The good news is that HPV can be prevented. HPV vaccine is now available and is recommended for teens / young adults between the ages of 9 and 26. This vaccine can protect both boys and girls from contracting and spreading HPV. This vaccine is covered by most insurance plans and available at clinics, pharmacies, and your local health department. Protect yourself and your children. Get vaccinated today!

## Eating Heart Healthy Can Prevent Heart Disease

Although most of us know that unhealthy eating habits can lead to heart disease, it is often difficult to make the dietary changes necessary to improve health. Whether it is years of bad habits, or getting out of line during the holidays, the New Year is a great time to change!

Portion control is one key component to heart health. How much you eat is as important as what you eat. Overloading your plate and eating until you feel stuffed, leads to extra calories being consumed. Instead, try moderate portions and eat slowly. Wait 10-15 minutes before deciding that you want more.

Fruits and vegetables provide many benefits in relation to heart health. They are high in vitamins and minerals, low in calories, and high in fiber. They act as fillers so that you don't eat as many higher fat foods, and they also contain antioxidants that promote heart health.

Monitoring fats is extremely important! Saturated and trans fat can lead to higher cholesterol levels, which can in turn increase risk for heart attack and stroke. Limiting butter, margarine, and shortening can help. Also check food labels to see what is in cookies, chips, and crackers.

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. Try substituting a few of the refined grains you consume for whole grains. Aim for more soluble fibers such as oatmeal, beans, and fruit, which can help reduce cholesterol levels.

Regular aerobic exercise can help keep your heart in shape. Try making an effort to get that heart pumping 5 days per week. Even a half hour of exercise a day is better than no activity. Utilize the New Year to make some lifestyle changes. Making tiny changes over time can slim the waistline and pave the way for a healthy heart.

## NED

### National Eating Disorder Awareness Week

February 26- March 4<sup>th</sup>

If someone is exhibiting signs or thoughts of struggling with an eating disorder, early intervention can significantly increase the likelihood of preventing a full blown eating disorder.

Signs of an eating disorder include but are not limited to:

- An intense fear of food or gaining weight.
- Obsession with gaining weight.
- Restricting intake
- Frequent episodes of eating large amounts of food.
- Feelings of shame or guilt when eating.
- Poor self-body image
- Weight loss
- Anxiety with eating

If you know someone who is struggling try to talk to them gently about the sensitive subject. Avoid placing blame, shame or guilt on them. Encourage them to see their health care provider, or medical professional that they feel comfortable with. Keep in mind that early intervention can make a world of difference.

## Join the Kewaunee Co. WIC Program!

Go to:

[www.kewauneeco.org](http://www.kewauneeco.org)

Click on Departments and then click on Public Health and website. Review the WIC Page, if interested call:

**(920) 388-7160**

Kewaunee County Health Dept.  
810 Lincoln St.  
Kewaunee, WI 54216  
920-388-7160

Find us on 



# Kewaunee County Public Health Newsletter (cont.)

## Ways to Prevent Birth Defects

Not all birth defects are preventable, but a woman can take steps to ensure a healthy pregnancy...

- + Take a prenatal vitamin with 400 mcg of Folic Acid
- + Avoid alcohol, tobacco and street drugs.
- + Keep hands clean to prevent infections.
- + See your health care provider regularly.
- + Avoid unpasteurized milk and foods made from it.
- + Avoid raw or undercooked meat.

## Seasonal Affective Disorder

As winter approaches, the hours we are exposed to natural sunlight each day start to slowly decrease. This can cause some people to experience a serious mood change during the winter months called Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs over the winter months and typically goes away during the spring and summer months.

Symptoms of SAD may start out mild and progress as the winter goes on and may include: feeling depressed most of the day for many days, feeling hopeless or worthless, decreased energy, changes in appetite, social withdrawal or difficulty concentrating.

There are many ways that you can help relieve your symptoms of SAD or prevent yourself from experiencing SAD:

- Make your environment sunnier and brighter-open the blinds or get outside
- Exercise regularly – Exercising improves your mood and helps relieve stress
- Socialize – Connect with people you enjoy being around
- Make healthy choices for meals and snacks
- Get 7-9 hours of sleep at night

Contact your doctor or any of the numbers listed below for help if you:

- Are thinking about suicide or harming yourself
- Turn to alcohol or drugs for comfort/relaxation
- Feel down for days at a time and cannot do the things you normally would
- Have a change in your appetite or sleep

**Kewaunee County Crisis (920) 255-1645 (any time)**

**National Suicide Prevention Lifeline 1-800-273-TALK (8255) (any time)**

**Kewaunee County Behavioral Health (920) 388-7030 (8:00 a.m. – 4:30 p.m.)**

## Cranberry Oat Crunch

- |            |                                |
|------------|--------------------------------|
| 2- 14.5 oz | Boxes of Quaker Oatmeal Cereal |
| 1 c.       | Pecan Halves                   |
| 1/3 c.     | Butter                         |
| 1/3c.      | Brown Sugar                    |
| 1/3 c.     | Corn Syrup                     |
| 2 c.       | Dried Cranberries              |



Place Cereal and Pecans in a large mixing bowl. In a small saucepan, melt together Butter, Brown Sugar and Corn Syrup until it boils. Slowly pour the butter mixture over the cereal and mix well to coat. Spread cereal mixture onto a greased jelly roll pan. Bake at 225 degrees for 60 min- stir every ten minutes. During the last 20 minutes of baking time, add the dried cranberries. Remove from oven and let cool completely. Store in air tight container.

## Dental Health Month

The American Dental Association has deemed February as National Children's Dental Health Month. Their campaign slogan this year is "Chose Tap Water for a Sparkling Smile". Water is a sugar-free, calorie-free choice when you are thirsty. Tap water is a safe, low cost drink for your child. By encouraging your child to drink tap water and avoid sugary drinks, you are helping to prevent early childhood dental caries. The bacteria in your child's mouth uses sugar as food and produces an acid that attacks teeth and leads to tooth decay.

### How can you protect your child's teeth??

- Limit sugary drinks. Encourage drinking water!
- Never put your child to bed with a bottle.
- Brush or clean your child's teeth after meals and snacks.
- Brush teeth twice a day with fluoridated toothpaste.
- Floss teeth at least once a day.
- See a dentist once to twice a year.

Call the Kewaunee County Public Health Department at 388-7160 to have your child receive a FREE fluoride varnish.